

RECIPE IDEAS USING 'FIRE FOODS' PRODUCTS

Hot Habanero Sauce

- 15 habanero chillis - roughly chopped
- 1 ripe mango - peel, pit, mash
- 1 cup cheap yellow prepared mustard
- 1/4 cup packed brown sugar
- 1/4 cup white vinegar
- 1 tablespoon curry powder
- 1 tablespoon ground cumin
- 1 tablespoon chilli powder
- salt and pepper to taste, assuming surviving taste buds

Method:

Mix all the ingredients together and stand well back, boil and bottle.

